

Prince William Area Free Clinic

Robert’s Story

Robert, a 55 year old man first came to the PWAFC in April of 2017, with a seemingly simple complaint of left knee pain. During his initial visit, he informed Abby, a volunteer nurse practitioner, of having been diagnosed with diabetes back 2007. Robert told Abby that he had been out of medications for over eight months. Abby, concerned with the lack of recent medical history decided to immediately order an MRI of his left knee and labs , donated by Sentara Northern Virginia Medical Center (SNVMC), to check his diabetes.

The MRI results came back quickly and showed tears and damage to his left knee while his labs showed that his diabetes was completely uncontrolled. Robert was then referred to The University of Virginia (UVA) orthopedics and Abby prescribed medication for his diabetes, along with a referral to diabetes education classes at SNVMC. With the help of Ana our patient navigator, Robert was able to fill-out the UVA application, something which gave him anxiety. It was quickly approved.

Ana was able to assist the Robert with the information required in order for him to schedule and go to a consultation with an orthopedic at UVA as well as arrange transportation for his multiple appointments to Charlottesville and back home to Dale City. Once at UVA, Robert was informed he needed a left knee replacement but was denied surgery due to his uncontrolled diabetes. Devastated, with the pain worsening Robert found himself unable to work.

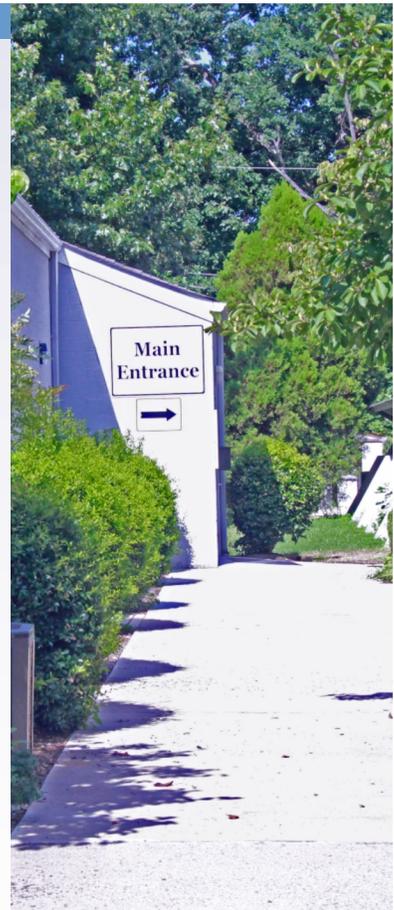
Robert sought out and started attending one-on-one meetings with our Elsa, our diabetes coordinator, to learn more about healthier eating habits and diabetes management. He also, attended monthly diabetes classes held in clinic. Abby, who ordered labs every three months, was able to give Robert proof of the hard work he was putting in was making a difference in his diabetes. Finally, this February, Robert’s diabetes was controlled. He had his knee replacement in March and is currently going to physical therapy while continuing to manage his diabetes.

A Message from the Director

We often say that we couldn’t accomplish our mission at the Prince William Area Free Clinic without the help of our dedicated volunteers. That is something of an understatement. More than 100 volunteers dedicate their time, expertise and physical and emotional energy – week in and week out – to deliver the crucial health-care services we provide to those most in need.

Of late, our volunteers contributed a boatload of patience to our organization as we designed and implemented an electronic medical record (EMR). This wasn’t an easy process for anyone as they continued to meet the needs of our clients at the same time as learning a different way of accomplishing their tasks. Added to that, they patiently and gracefully coped with the frustrating glitches that inevitably arise when implementing major change.

To all the volunteers of PWAFC, thank you for your dedication, support, kindness and many efforts on behalf of the organization and the community we serve. We certainly could not do it without you, but with your commitment, we are able to do it well indeed.



Inside this issue

Grants Provide a Tech Edge	2
In Memoriam	2
Volunteer Spotlight.....	2
Team Changes.....	3
Winner’s Story	3
Board and Staff	4

Find Us on the Web

- Check our our newly redesigned website!
www.pwafc.org
- [Facebook.com/pwafreeclinic](https://www.facebook.com/pwafreeclinic)
- [Twitter.com/pwafreeclinic](https://twitter.com/pwafreeclinic)
- <https://www.linkedin.com/company/prince-william-area-free-clinic>
- [Instagram.com/pwafreeclinic](https://www.instagram.com/pwafreeclinic)
- You can now find our newsletter online!

Grants Provide the PWAFC a Technological Edge in the Treatment of our Patients



Change is happening as an electronic medical record (EMR) becomes a part of the clinic via grant money from Philip L. Graham, The Prince William County Health Department, and the Potomac Health Foundation! With the foresight of former Executive Director Linda Franklin and former Medical Director Dr. Rebecca Sinclair they had the clinic retrofitted to be technology ready when we moved into the Unified Health Center five years ago. This has led us to be able to achieve what will be one of the single most influential things to improve our patients health outcomes.

The EMR, to be implemented later this month, will replace the multiple paper forms included in bulging files. No longer will there be searches for files as patient information will now be at our fingertips.

Twelve new computers and several

scanners will greatly improve the efficiency in dealing with patient information. Another benefit is that patient wait time should decrease as each patient is tracked as they move from eligibility screening to triage or pharmacy, on to medical care and check-out. We are excited to see the impact this new system will have on our efforts to provide efficient, effective care to the most needy in our area.

Most importantly we will be able to quickly compile data about our patient's health trends and reach out and address it with them to be able to provide specific resources to meet their needs as we continue to focus on patient centered care.

It is exciting to see the improvements taking place as we implement this new technology and look forward to providing even better outcomes for our patients.

“Every person has a legacy. You may not know what your impact is, and it may not be something that you can write on your tombstone, but every person has an impact on this world.”—Dana Horn

In Memoriam

We would like to recognize the loss of two amazing doctors this year who have dedicated much of their free time to our clinic.

Dr. Mark Mason was a staunch advocate for all of our patients. We were privileged to have him serve on our board for many years as well as treat our patients.

Dr. John Gonzalez was a volunteer at our Manassas Clinic for many years, and an advocate for community health access to those in need.

Their services to our patients and our clinic will not be forgotten.

Volunteer Spotlight: Evelyn Marr

The PWAFC relies heavily on dedicated, caring volunteers. One of those volunteers is Evelyn Marr, a nurse practitioner. Evelyn retired three years ago from a 29 year career with Sentara Northern Virginia Medical Center and spends eight hours a week caring for our patients here at the clinic, as she has for the past four years. Evelyn considers it a privilege to be able to help others.

Evelyn has vast and varied experiences helping others. She has worked in an emergency room, on a mobile clinic providing care to low income families and currently works for a Home Care Agency screening patients to better enable them to continue living safely in their homes. Evelyn also precepts nurse practitioner students at the George Mason University MAP Clinic in Woodbridge.

Though Evelyn says the clinic fills a gap in her life, it is difficult to see where there may be a gap for this busy lady. She has been a member of the Montclair Lions Club for over 20 years and is the current president. She serves on the Board of Directors of the Greater Prince William Community Health Center and on the advisory committee of the Pediatric Primary Care Project. In addition to these professional related commitments, Evelyn loves Zumba, is a member of a book club, and enjoys playing bunco. She enjoys travel both within and out of the country.

Evelyn's greatest joy comes from time with her family. She and her husband of 43 years have three children and six grandchildren all living in northern Virginia. Holiday time with the family together is most precious to her.

A patient recently asked which doctor he would be seeing. When told Evelyn, he said “Oh, she is nice.” His reaction is an example of the rapport

Evelyn has with her patients. Evelyn believes that when you find a job that you love, you will never have to work a day in your life. We are so fortunate that this skilled, caring, dedicated nurse practitioner has found that job at our clinic.



Left Photo: Evelyn Marr with Ms. Gomez. Right Photo: New team members, Andrew 'Dru' Kyme and Karen Escobar. Precious Protiar-Hoffman is not pictured.

Life Expectancy in Prince William County

In 2015 the Kaiser Family Foundation found that risk factors that lead to premature death are a result of poverty, lack of education, and the inability to access care. The factors include behaviors such as smoking, diet, and exercise as the most important determinants of premature death. People that engaged in healthy lifestyle practices contributed to their health equity.

According to the Regional Primary Care Coalition the Prince William Health District continues to experience disparities in health among people of different backgrounds and incomes. In 2016 the Prince William County (PWC) Government recorded educational attainment above the high school level for Occoquan at (98.8%), Haymarket (94%), Woodbridge (90.7%), Nokesville (89.5%), Dale City (85.2%), and Manassas City Park (81.5%). In a 2016 United Census Bureau poverty statistic report for PWC: Dumfries (19.3%), Manassas City Park (8.7%), Dale City (8.2%), Woodbridge (7.8%), Occoquan (6.4%), Nokesville (3.8%), and Haymarket (2.0%) showed areas which reported higher percentages of threatened life expectancy due to poverty. Recent data from the Northern Virginia Health Foundation found life expectancies in PWC: Lake Ridge (80 yrs.), Manassas Park (79 yrs.), Dale City (78-81 yrs.), Manassas (77-80 yrs.), and Triangle (77 yrs.).

The Prince William Area Free Clinic (PWAFC) recognizes a broad range of social, economic, and environmental factors that shape individuals' opportunities to engage in healthy behaviors. We find that that individuals are living longer as access to care, education, and socioeconomic status improves in the community. The PWAFC aims to impact the community through services based on the values of advocacy, compassion, dignity, kindness, and stewardship.

By Winner Otabil, 2017 Fall Intern

PWAFC Team Changes

The PWAFC team like to wish Joseph Aliaga, our former Senior Care Coordinator much success as he returns to school, on the next step to becoming a medical doctor himself.

Rosalinde 'Roz' Smith, one of our wonderful Physician's Assistants from the Kaiser Permanente Community Ambassador program, recently retired from a medical career spanning over forty years. We were fortunate that four years of her "giving back" was spent with us. As Roz says "It is time for me to play her piano and enjoy a good book." We wish her the best in this new phase of life. Thank you, Roz!

With much excitement we would like to announce that Dr. Humaira Ali, our interim Medical Director has agreed to officially step into the role Medical Director for both clinics, continuing her long tenure with the PWAFC.

We would like to congratulate Brenda Bateman on her hard work and dedication on our clinic which has led to her to be promoted to Senior Care Coordinator.

We are excited to welcome Andrew 'Dru' Kyme to our team as our bookkeeper. Dru is training underneath William Neale, our long time accountant, who is looking forward to retiring later this year, though plans to serve out his term on our board.

Precious Protiar-Hoffman joined us at the beginning of this year on our Tuesday night team as a PRN pharmacist.

Lastly, we would like to welcome Karen Escobar to the PWAFC team, joining us as a care coordinator and translator.

Prince William Area Free Clinic

13900 Church Hill Drive
Woodbridge, VA 22191

Phone: 703-499-9034
Fax: 703-499-9240
E-mail: caitlin.denney@pwafc.org

Presort
Non Profit Org
U.S. Postage Paid
Woodbridge, VA
Permit #236

Return Service Requested



*Prince William Area Free Clinic
a place of encouragement, dignity, & care*



United Way
Campaign Participant
#8458

Prince William Area Free Clinic Board of Directors

Cori Pippins, PharmD, MBA, President
Jane Beyer, RN, Vice President
Michael C. May, Treasurer
Christina Grabus, RN, Secretary
Wesam Moustafa, MD, Medical Advisor
Charles Edwin Dyer, MD
Christopher Flynn
Kathleen McMahon-McCauley, RN
William Neale
Mindy R. Rubin

Prince William Area Free Clinic

Humaira Ali, MD, Medical Director
Brenda Bateman, Senior Care Coordinator & Translator
Caitlin R. Denney, MS, Executive Director
Karen Escobar, Care Coordinator & Translator
Elsa Flores Leiva RN, Diabetic Coordinator & Translator
DeSean Golatt, CPhT, Medication Case Manager
Hye Jung Kang, PharmD, Pharmacist in Charge
Andrew Kyme, Accounting
Vinh Kieu, PharmD, Pharmacist
JQ McMillion, Operations & Volunteer Manager
Precious Protiar-Hoffman, PharmD, Pharmacist
Iris Rivera, CPhT, Medication Case Manager
Rose Sanchez, Receptionist & Translator
Irene Sullivan, RN, Clinic Coordinator
Ana Ventura Palacios, LPN, Patient Navigator